

## Pacific Swimming Athlete Committee

### Meeting Minutes

August 29, 2021

6:00-7:30 p.m.

### Zoom Link: Join Zoom Meeting

<https://zoom.us/j/92193801623?pwd=ZTg5bm94dmZrY0pqK1hBTGx6ckh6dz09>

Meeting ID: 921 9380 1623

Password: 797227

*Mission Statement: Our mission is to share knowledge, develop leaders, and promote inclusivity to unify the athlete community.*

1. Call to Order: 6:02
2. Attendance (no need to write your own name): Jivana Nagpal, Aidan Pflieger, David Cottam, Cindy Rowland, Aden Li, Ainsley Jane Tambling, Andrew Trieu, Anika Nagpal, Anna Ryan, Calista Lynch, Cherise Wong, Daniel Lewis, Delainey Brandt, Derrick Luu, Diana Fetterman, Dominick W, Emily Hayashi, Emma Little, Ernest Leong, Gabriel Cueva, Jamie Jovel Flores, Millie Nygren, Alana Silva, Gabrielle Lai, Joyce Lee, Justin Cho, Kristina Mooney, Lillian Chau, Lily Struempf, Maddie Blackwell, Madison Corrigan, Marlee Repp, Mason Wendler, Millie G, Miya French, Natalie Fearn, Olivia Khan, Prudence Rosko, Rachel Arndt, Robert Mitchell, Samantha Li, Sarah Darzacq, Saveta Holunga, Sofia DeLange, Sophie Boeun, Stephanie Anderson, Vanya Vats, Zachary Caufield, Veronica Hernandez
  - a. Communication: Please be sure to email [vhernandez@pacswim.org](mailto:vhernandez@pacswim.org) directly if you are not able to attend Athlete Committee meetings.
3. Resources for the month: [How to Regulate and Manage All Emotions](#), [Practicing Your "Perfect Practice"](#)
4. Icebreaker: <https://ahaslides.com/LG1H9>
5. Reports:
  - a. Senior Reps: last meeting!
  - b. Junior Rep:
  - c. Zone Reps: emails
    - i. Zone 1N (SR - [z1nAthleteRep@pacswim.org](mailto:z1nAthleteRep@pacswim.org)):
    - ii. Zone 1S (SB - [z1sAthleteRep@pacswim.org](mailto:z1sAthleteRep@pacswim.org)):
    - iii. Zone 2 (LS - [z2AthleteRep@pacswim.org](mailto:z2AthleteRep@pacswim.org)):
    - iv. Zone 3 (GC - [z3AthleteRep@pacswim.org](mailto:z3AthleteRep@pacswim.org)):
    - v. Zone 4 (CT - [z4AthleteRep@pacswim.org](mailto:z4AthleteRep@pacswim.org)):
  - d. Committee Reps:
    - i. Age Group: Looking into increasing meet attendance for meets like JO's
    - ii. Officials: New committee chair, Officials summit in October
  - e. Team Reps:
    - i. July Team Culture Action Item: Awards banquet (see subcommittee report), Start thinking about which non-rep you would like to register for the leadership summit
    - ii. Orinda: getting back into pool after break, deciding next rep
    - iii. Aquabears: meets planned for the fall
    - iv. QSS: getting back into regular schedule, found second person for summit
    - v. PASA: back into training, second rep for summit

- f. WZ/ National DEI (SR/VH): held another meeting, Facebook page removed from USAS but still posting, Inclusion summit was a success
  - g. AEC/ National Leadership (RM): AEC application closing today, movement within committee, lots of goals moving forward
  - h. Vice Chair (VH): Sept. 18th-19th-
    - i. Return to Swim Camp/Meet/Officials' Training - Sept 18-19
    - ii. DEI, Mental Health, and Leadership presenters needed (in-person)- email Veronica if interested
    - i. General Chair (DC):
- 6. Subcommittee Reports
  - a. Mental Health (SW & CL): Rescheduling meeting to Sept.; monthly topic with be balancing mental and sport life
  - b. Social Media (SD & MG - [repsocial@pacswim.org](mailto:repsocial@pacswim.org)): met last weekend, want to provide more info to parents/athletes
  - c. Leadership Summit Planning (AP): Oct 16-17
  - d. DDEI Social Media (SB):
    - i. New members
    - ii. [Email Template](#)
  - e. Awards Banquet (AN): submissions closing in two days; would love more submissions
- 7. Unfinished Business:
- 8. New Business:
  - a. Leadership Camp, Camps Committee
    - i. \$5,000 grant from USA Swimming
    - ii. Need to plan camp for by end of the year
    - iii. If interested in joining, please let Veronica know
      - 1. Sarah Darzacq, Cherise Wong, Sophie Boeun, Joyce Lee
- 9. August Team Culture Action Item:
  - a. Register for Leadership Summit: <https://www.eventbrite.com/e/pacific-swimmings-2nd-annual-athlete-leadership-summit-tickets-165769905249> (make sure you add questions for the college coach panel, make sure second athlete gets registered)
  - b. Brainstorm new goals that you have as a rep that you'd like to accomplish this school year. You may talk to your teammates too and ask what they'd like to see from you. We will share next meeting. (Submit to aha slides next month)
- 10. Next Meeting: September 26 @6:00pm
- 11. Adjourn: 6:37 pm